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THESE TWO MOMS GET YOU ON TRACK. PAGE 24

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Community. Barnard College is the only one of the "Seven Sisters" colleges with no policy on admitting transgender women. But soon, that may change. PAGE 02

Transgender acceptance

Caleb LoSchiavo, a transgender student at Barnard, is one of many students pushing for a clear-cut policy on accepting transgender women at the all-female college. / BESS ADLER, METRO

Bill aims to protect nail salon workers

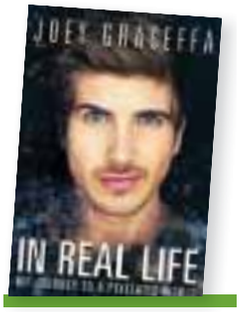
PAGE 06

Retaliation feared after Waco shootout

PAGE 11

YouTube star Joey Graceffa gets candid

PAGE 14



Knicks need luck in tonight's lottery

PAGE 29

1

NEWS

Top 3

The best of Metro.us

1 'President Barack Obama posts first tweet, Twitter responds'

2 'Passengers file lawsuit against Amtrak over deadly U.S. derailment'

3 'I took a pole dancing class and now I can die a happy man'

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Barnard may accept transgender women

Inclusivity. Women's colleges are reassessing how transgender women fit into their communities.

Barnard College is considering a new policy to officially make transgender women eligible for admission, following the lead of many other women's colleges around the country and at a time when transgender women and men are increasingly in the media spotlight.

Over the last six months, Barnard has held a series of town hall-style meetings for students, alumni and faculty to debate the possibility of introducing a policy dealing with admissions for transgender women.

Caleb LoSchiavo, graduating this year with a major in psychology, applied to Barnard when they still identified as a woman. Since starting college, they came out as transgender and have since transitioned. They now identify as genderqueer, meaning not fitting strictly into the definition of male or female identity.

"Even though [admission] is on a case-by-case basis there are a lot of barriers that prevent people from accessing women's colleges if there's no specific policy in place," said LoSchiavo.

While there is no policy explicitly excluding transgender women from Barnard, this move would mean taking a step that would put an inclusive policy toward transgender women in writing.

"The policy right now, because it doesn't exist, de facto excludes trans women," said LoSchiavo.

Barnard administration said that to their knowledge, there are currently no transgender women attending the college, but that the school is considering the issue.

Of the Seven Sisters — a group of liberal arts women's colleges — Barnard is the only one that still admits only women, but has yet to put in place a policy for transgender women.

Professor Richard Johnson III studies LGBT issues at the University of San Francisco and has been keenly following the transgender policies unfolding around the country.

"I think honestly so many of [the colleges] are late to the game," said Johnson. "I believe the matter of trans women has been on the docket of many colleges for the last several years. Perhaps because of the social context of schools such as Barnard, some of them might have considered this a touchy issue. However you can't stop progress," he said.

Metro spoke to students on campus, and found them generally supportive of having a clear policy.

"I know they've had a few meetings with alumni and the board and students to talk about it. I didn't get to attend any of them but ... I absolutely would be on board. They are women," said Talia Kamran.

But not everyone at Barnard is on board — though it's not easy to find a vocal opponent to the policy.

"I think the people who are critical of it don't want to be known as critical of it because Barnard's known as being such a liberal place," said Barnard graduate Emma Goss. "But I do think there's kind of a silent but very much prominent group of students and alumni who don't feel on board with it."

NIDHI PRAKASH
@MetroNewYork
nidhi.prakash@metro.us

Transgender student Caleb LoSchiavo has advocated for Barnard to have a set policy on admitting transgender women. / BESS ADLER, METRO

Quoted

"When you've gone through life consistently being told 'no' about your identity and your experiences, it's really hard to feel like, 'Well, it's on a case-by-case basis, so at least let me try.' ... So it's important to have a specific policy admitting trans women."
LoSchiavo

Get informed

Explaining transgender identity

LGBT advocacy group GLAAD tells us the word transgender is an umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth.

Many transgender people are prescribed hormones by their doctors to change their bodies.

Some undergo surgery as well. But not all transgender people can or will take those steps, and a transgender identity is not dependent upon medical procedures.

Trans women are people who were born male but identify and live as a woman.

Some may use MTF, an abbreviation for male-to-female.

Genderqueer is a term used by some people who experience their gender identity and/or gender expression as falling outside the categories of man and woman.

Source: GLAAD (Gay and Lesbian Alliance Against Defamation) Media Reference Guide

Editor's note

Caleb LoSchiavo prefers the pronoun "they"/"them" to "he"/"she"/"her"/"him," so in all references and quotes attributed to LoSchiavo, that is how we've referred to them.

HEPATITIS C: **A FORGOTTEN DISEASE**

Hepatitis C is a silent epidemic that affects over 3 million people in the U.S. But because the disease is slow moving and symptoms may not appear for years or even decades, chronic hepatitis C (Hep C) is often pushed to the back of the mind, or forgotten.

But here's something that shouldn't be forgotten—Hep C is a serious disease. If left untreated, it can lead to liver damage and potentially liver cancer.

HEPATITIS C: **THE FORGOTTEN FACTS**

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If you or someone you know want to learn more about treatment options, talk to a Hep C specialist and get the facts.

Hepatitis Awareness Month: It's time to rethink Hep C.

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Suspicious death

Dead man found under mattress in Midtown hotel

A dead man was found under a mattress in a Midtown hotel early Monday morning.

Officers responded to the Hilton Garden Inn at 63 W. 35th St. around 4:10 a.m. on Monday, and found the man under a mattress with trauma to the back of his head.

The victim, who has not been identified, was pronounced dead at Bellevue Hospital. The investigation continues, and the medical examiner will determine the cause of death. **METRO**

Crime

The assailants stole the victim's pants and shoes.
SCREENSHOT OF THE ATTACK

Suspect arrested in L train attack

Police have arrested one of the suspects they believe is responsible for beating a teenager unconscious last week after attacking him on the L train in Brooklyn.

A 15-year-old boy from Queens was arrested on second-degree robbery charges, police said on Monday.

The NYPD released two surveillance photos over the weekend of the suspects who allegedly started beating the teen on the L train near Broadway Junction in East New York after asking what gang he was in.

They later dragged him off the train at the Atlantic Avenue stop, stealing his sneakers, pants and cellphone. The victim was treated for a concussion and severe eye injury, police said.

A bystander took a cellphone video of the attack.

An NYPD spokesman said police are still looking for three additional suspects. **METRO**

See Your City pushes New Yorkers beyond their own borough

Local tourism. A revamped NYC & Company campaign is reminding residents of all their city has to offer.

A revamped campaign is encouraging New Yorkers to think beyond their borough.

NYC & Company, the city's tourism agency, launched a second version of the "See Your City" campaign on Monday, highlighting the special attractions of Bay Ridge, Atlantic Avenue, the South Bronx, Riverdale, Washington Heights, Lower Manhattan, Randall Manor, Richmond Town, Corona and Rockaway Beach.

The idea behind the campaign is to get New Yorkers to step out of their usual borough, and that locals exploring new neighborhoods off the beaten path will pave the way for tourists.

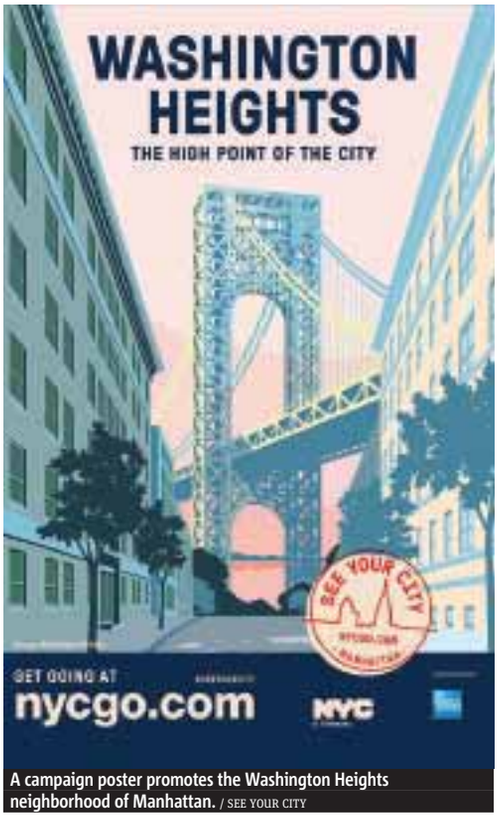
"The See Your City campaign encourages New Yorkers to explore the local, vibrant neighborhoods they're not familiar with, uncovering a world of opportunities just a subway ride away," said Fred Dixon, president and CEO of NYC & Company.

The campaign was expanded after last fall's launch, and the tourism agency said a lot of social media and Web traffic means the campaign resonated with New Yorkers.

Vintage travel posters promoting the campaign were unveiled at 200 bus shelters across the city on Monday, and adventurous New Yorkers are urged to share their travels on Facebook. Twitter and Instagram with the #seeyourcity hashtag.

For tips on where to go when you visit the neighborhood, go to NYCgo.com.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us



A campaign poster promotes the Washington Heights neighborhood of Manhattan. / SEE YOUR CITY

Where to go

Rockaway Beach

Learn to ride the waves at the New York Surf School

South Bronx

Tour historic hip-hop sites with old-school royalty as your tour guides

Atlantic Avenue

Beastie Boy fans can hang in the park where MCA grew up playing, Adam Yauch Park, Atlantic Avenue at Columbia Place.

Washington Heights

Visit one of the city's last lighthouses. Jeffrey's Hook Lighthouse at Fort Washington Park.

Crime. Hernandez to be retried for Etan Patz's murder

Manhattan District Attorney Cy Vance said Monday he plans to retry Pedro Hernandez for the murder of Etan Patz.

Patz was 6 when he disappeared from a SoHo street, and Hernandez, now 54, previously confessed that he choked the child, stuffed his body in a box and left him in an alley.

Jurors deliberated for 18 days before telling Supreme Court Justice Maxwell Wiley for the third time that they could not reach a verdict. Of the 12 jurors, 11 said they were willing to convict Hernandez, but a lone holdout wasn't convinced beyond a reasonable doubt.

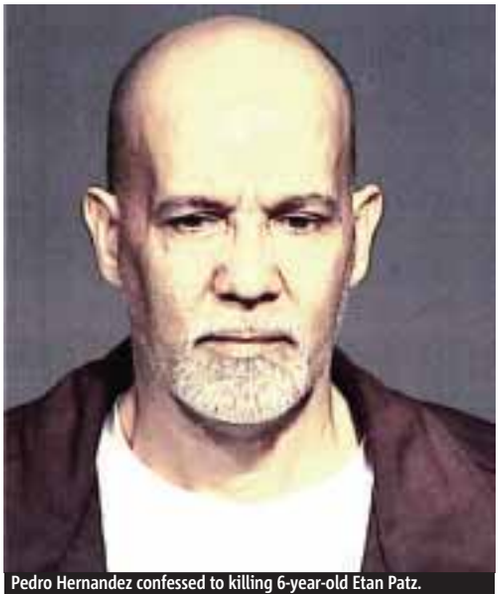
Vance said he intended to retry the case while speaking on MSNBC's "The Cycle" on Monday, and that he will make the formal announcement in court in June.

"It's a challenging case, I've never said otherwise, but it's a case we believe should be prosecuted. That's why we did, and in our system it happens from time to time that jurors cannot be unanimous and this was one of those cases," Vance said. **WJB**

Mistrial

A judge declared a mistrial on May 8 after the jury, in its 18th day of deliberations at the court in Manhattan, told the judge for a third time that it was unable to reach a unanimous verdict.

- On two previous occasions during the 10-week trial, jurors were ordered to resume deliberations.



Pedro Hernandez confessed to killing 6-year-old Etan Patz.
FILE PHOTO

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Upper West Side

Infant dies after being hit by falling bricks

A 2-year-old girl who was hit by falling bricks on the Upper West Side on Sunday has died from her injuries, authorities confirmed on Monday.

The girl was sitting on a bench with her grandmother when bricks came loose from a building on West End Avenue between 74th and 75th Streets, knocking her unconscious.

Debris fell from the Esplanade Manhattan Nursing Home at 305 West End Ave. / GOOGLE MAPS

She was immediately taken to Weill Cornell Medical Center in critical condition — along with her grandmother, who suffered minor injuries.

The Daily News is reporting that the girl's name was Greta Greene, and that she was with her grandmother Susan Frierson.

The bricks fell from the eighth-floor window ledge of an apartment building.

The city's department of buildings is investigating at the scene, and the building owners, Esplanade Venture Partnership, received a building code violation after the incident. METRO

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A woman gets a pedicure at a New York City nail salon. / GETTY IMAGES

Cuomo introduces tougher nail salon rules

Workers' rights. Lawmakers are scratching out unfair work practices among New York City's nail salons.

Nail salons abusing their workers' rights would be subject to higher penalties and more government scrutiny under new legislation introduced today by Gov. Andrew Cuomo.

The new regulations for salons would include wage insurance to make sure employees get paid, requirements for protective equipment like masks, gloves and eye protection and ventilation systems.

Conditions that leave nail salon workers underpaid and working in unsafe conditions were brought to light by a recent New York Times article which detailed often exploitative practices.

Salons would have to post a bill of rights for workers, translated into multiple languages, and clearly display cease-and-desist notices if they receive them from the state.

Cuomo last week called for a task force to be formed under the state Department of Labor to inspect salons and eventually enforce the new rules, in addition to the emergency rules he put in place last week to protect workers.

NIDHI PRAKASH
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Making progress

Aside from the regulations and enforcement measures, the state will also hold educational events for business owners and for workers.

In the process of addressing this issue, the state is working with a number of workers' rights and immigrants' rights organizations as well as the Korean-American Nail Salon Association, which represents many New York City nail salons.

New York City Mayor Bill de Blasio has also announced that this Thursday will be a "Day of Action" for the nail salon industry, aimed at raising awareness of conditions and educating customers, business owners and workers.

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Three things to know

1 President posts first tweet

The President of the United States (POTUS) finally got his very own Twitter account Let the trolling begin.

After six long years as president, Barack Obama finally joined Twitter with his very own personal account.

On Monday morning, the president made his first tweet: "Hello, Twitter! It's Barack. Really! Six years in, they're finally giving me my own account."

As soon as the tweet was posted, it went viral instantly with over 58,000 retweets. More than 62,000 people favorited Obama's first tweet.

His wife Michelle (FLOTUS) has been tweeting since 2013, so it was about time her hubby stepped up his game and joined the Twitterverse. As of Monday, POTUS was following 65 people on his account including major Chicago sports teams such as the Blackhawks, White Sox, Bulls and Bears. He also followed George W. Bush too. We guess he's interested in what he's been up to lately.

Although many people congratulated Obama for getting his own Twitter account, others, of course, seemed to reply with sarcastic comments.

LENYON WHITAKER, METRO

2 Colo. movie massacre jurors quizzed about Boston verdict

Lawyers for Colorado movie massacre gunman James Holmes asked that jurors in his murder trial be questioned on Monday about whether they saw reports of the death sentence given to the Boston marathon bomber, arguing it could affect their impartiality.

Prosecutors have said they will seek the death penalty if the 27-year-old Holmes is convicted for killing 12 people and wounding 70 during the midnight premiere of a Batman film at a Denver-area multiplex in July 2012.

REUTERS

3 US announces hearing on Fiat Chrysler recalls

The Obama administration announced a public hearing to scrutinize how the automaker has handled 20 recalls affecting more than 10 million vehicles.

As part of a broader effort to get automakers to speed up the repair of recalled cars and trucks, the National Highway Traffic Safety Administration said FCA could face up to $700 million in fines and be required to buy back or replace vehicles if regulators find evidence that it failed legal recall obligations.

One of the largest campaigns cited by NHTSA was the 2013 recall of nearly 1.6 million Jeep vehicles whose fuel tanks could rupture and cause a fire. REUTERS

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Shiite forces move in on city taken by Islamic State

Capital of Anbar province. The Shiite militia was ordered to mobilize after the city was overrun on Sunday.

Iraqi fighters of the Shiite militia Asaib Ahl al-Haq (The League of the Righteous) stand guard outside their headquarters in the Iraqi city of Basra. / GETTY IMAGES

A column of 3,000 Shiite militia fighters arrived at a military base near Ramadi on Monday as Baghdad moved to retake the western Iraqi city that has fallen to Islamic State militants in the biggest defeat for the government since mid-2014.

Setting the stage for renewed fighting over the city, Islamic State militants advanced in armored vehicles from Ramadi toward the base where the Shiite paramilitaries were massing for a counter-offensive, witnesses and a military officer said.

At the same time, U.S.-led warplanes stepped up raids against the Islamists, conducting 19 strikes near Ramadi over the past 72 hours at the request of the Iraqi security forces, a coalition spokesman said.

The militiamen give the government far more capability to launch a counterattack, but their arrival could add to sectarian animosity in one of the most violent parts of Iraq.

"Hashid Shaabi forces reached the Habbaniya base and are now on standby," said the head of the Anbar provincial council, Sabah Karhout. They were fully equipped and highly capable, the council said.

An eyewitness described a long line of armored vehicles and trucks mounted with machine guns and rockets, flying the yellow flags of Kataib Hezbollah, one of the militia factions, heading toward the base about 20 miles from Ramadi.

Spokesmen for militia groups said reconnaissance and planning were underway for the upcoming "battle of Anbar," the vast Euphrates River valley province where the U.S. military fought the biggest battles of its 11-year occupation.

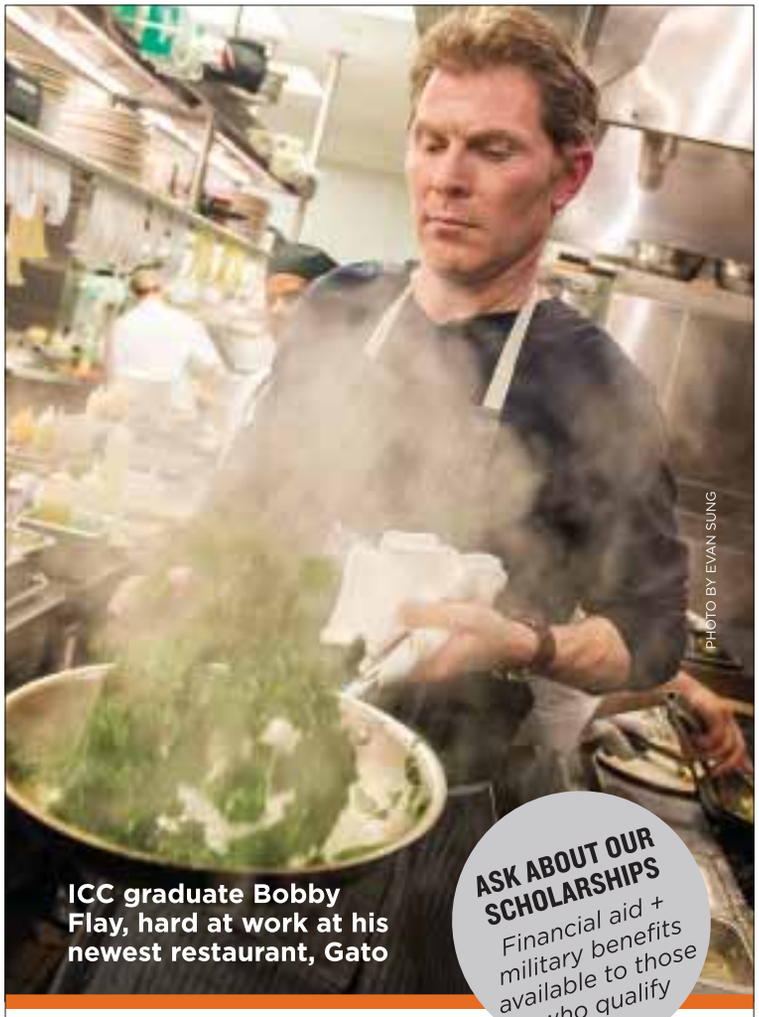
REUTERS

An Iraqi girl whose family fled Ramadi at a camp housing displaced families in Bzeibez, on the southwestern frontier of Baghdad / GETTY IMAGES

Killed

500

About 500 people have been killed in the fighting for Ramadi in recent days and up to 8,000 have fled, a spokesman for the provincial governor said.


ICC graduate Bobby Flay, hard at work at his newest restaurant, Gato
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Texas. Revenge attacks feared after deadly biker gang shootout

Waco Police Department Public Affairs Officer Sgt. Patrick Swanton gives a news conference in front of the Twin Peaks restaurant in Waco, Texas. / GETTY IMAGES

Police worried about retaliation attacks after 170 people were charged on Monday in connection with Sunday's shootout between motorcycle gangs that left nine dead and 18 wounded at a Waco, Texas, restaurant turned into blood-soaked shambles.

Bikers from at least five rival gangs attacked each other with guns, knives, brass knuckles, clubs and motorcycle chains at a Twin Peaks Sports Bar and Grill in the central Texas city. No bystanders or police were injured, police said.

When the bikers began shooting, officers moved in, some of them also firing their weapons. When the shooting ended, bodies were scattered in the restaurant and across two parking lots.

"I will tell you that we have had threats against law enforcement officers throughout the night," Waco Police Sergeant Patrick Swanton said at a news briefing, adding that hospital staff have also been threatened and bikers were reported to be traveling to the city following the shooting.

"Yesterday's events was bad guys on bad guys. When our officers arrived, those bad guys turned their guns on our officers," he added.

Police would not immediately release information about how they were holding the massive group, out of security concerns. Those taken into custody were charged with engaging in organized crime for capital murder and likely will face charges related to the bloodshed after an investigation of the sprawling crime scene that is expected to be lengthy, police said.

"Some of those may have been witnesses. Many of those are going to be individuals involved in the shooting, and criminal charges may be applicable for that," Swanton said.

The Texas Alcoholic Beverage Commission closed Twin Peaks, located at a shopping mall by a busy highway, for at least seven days "due to the ongoing danger it presents to our community," police said.

Twin Peaks is a chain restaurant known for scantily clad waitresses serving bar food and large mugs of beer.

The Waco restaurant had been used as a meeting place for motorcycle gangs for the past few months, police said. They had asked the restaurant's managers to put a halt to the meetings but said they did not heed the requests. REUTERS

Weapons

100

About 100 weapons were recovered from the crime scene strewn with shell casings, police said.

Gangs

Bikers, beer and bloodshed

Among the gangs involved in the shooting were the Bandidos Motorcycle Club, which the U.S. Justice Department says has between 2,000 to 2,500 members in the United States and 13 other countries. It is one of the biggest motorcycle gangs and a rival to the better-known Hells Angels.

"The Bandidos are involved in transporting and distributing cocaine and marijuana and are involved in the production, transportation and distribution of methamphetamine," according to a Justice Department fact sheet.

The gangs try to keep under the radar as much as possible to avoid attention for their criminal activities. But the tension between

Bandidos / GETTY IMAGES

the Bandidos and at least four rival groups in Texas, including the Cossacks, came to a head at the gang meeting in Waco.

The fight started in a restroom that moved into the restaurant and then spilled out into parking lots where police had positioned themselves in anticipation of trouble.

It quickly escalated into a fist fight, which turned into a knife fight, which immediately turned into a gun fight. REUTERS

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2

CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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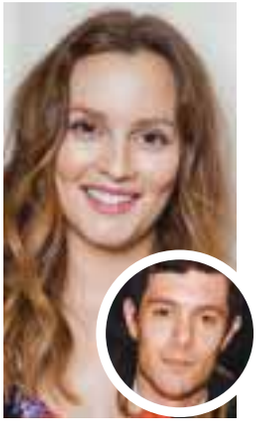
1 Rebel Wilson sits upon a throne of lies

"Pitch Perfect 2" star Rebel Wilson has been on quite the road to fame from her humble beginnings in Sydney, Australia. But if a former classmate is to be believed, Wilson has maybe been on that road a bit longer than she's letting on. An anonymous source — and probably a member of their high school reunion committee — tells Woman's Day that 29-year-old Wilson used to go by a different name — and a different age. "I studied with Rebel at Tara Anglican School for Girls in North Parramatta, Sydney," the classmate says. "But no one knew of a Rebel Wilson. Her name is — or was — Melanie Elizabeth Bownds, and she's 36." Ouch. Wilson has previously confirmed that at school she never went by Rebel but instead by her two middle names, just like her siblings Liberty, Anarchy and Ryot, but what about the age discrepancy? Or maybe, I don't know, this supposed classmate just has Wilson confused with someone else?

ALL PHOTOS GETTY IMAGES

2 Prince Harry doesn't like the Bridget Jones comparisons

Apparently some people have been comparing rakish royal bachelor Prince Harry to unlucky-in-love Bridget Jones because of his romantic track record, but the Prince just isn't having it. "Bridget Jones? Where'd that come from? Because I write my own diary or because I don't have a girlfriend?" he tells the Mirror. "Bridget Jones? That's sad. No, for me, it's good — I'm very happy not having a girlfriend. It's not a case of anything. I'm not, sort of, looking. It's cool." Sure, Harry. Whatever you say. Here, have some ice cream.



3 Leighton Meester and Adam Brody expecting a baby

In adorable couple news, Leighton Meester was spotted with an undeniable baby bump while out in L.A. with hubby Adam Brody. Despite all the onscreen drama on their respective shows, "Gossip Girl" and "The O.C.," the couple is pretty tight-lipped when it comes to their relationship. Meester did let it slip to Nylon magazine back in October that she was ready to start a family. God help her if it's a girl; you know everyone will be gifting her baby headbands with giant bows until that kid hits puberty. **EMILY LAURENCE**

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Kid Avengers: A Little Age of Ultron

Before we move on completely from "Avengers: Age of Ultron," the Marvel blockbuster that kicked off "summer" movie season earlier this month, here's one more hilarious take on the superhero team-up from DreamWorksTV that subs out the franchise's adult stars with a cast of kids, with results that are, unsurprisingly, both adorable and hilarious.

Fashion. The worst dressed at the Billboard Music Awards

1 **Dencia**'s jumpsuit was so bright that she even had to shield her own eyes from it.

2 **Rita Ora**'s dress looks like it could fall apart at any second. If people can tell you aren't wearing underwear, the slit is just too high.

3 We get that as **Miss America Kira Kazantsev** has a penchant for ballgowns, but this is the Billboard Music Awards, not a debutante ball.

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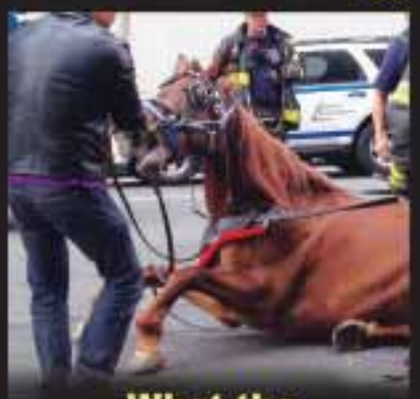

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Joey Graceffa comes out as gay in new book

Memoir. And that's just one of the shockers the YouTube personality drops in his new book, "In Real Life."

With 4.4 million subscribers, 24-year-old Joey Graceffa has garnered a dedicated fan base through his gameplay videos and vlogs. On YouTube, his personality is sunny and upbeat, but Graceffa's new memoir (out today) shows that his life has been far from easy.

Family secrets

Graceffa talks candidly in the book about growing up with an alcoholic mother. Some of the scenes are violent and intense. "There are definitely some moments where I talk about my mom that I had never shared before with anyone — even my family — and it's being talked about in the book," he says.

"I [used to] keep those moments in the back of my head, and I thought they were going to go away, but by writing this book, it really healed a lot of the wounds that I didn't even realize were there."

A teaching moment

He also writes about what it's like to grow up with an autistic brother, whom he is very protective of and close with.

"I've seen people be afraid because they don't know how to interact or communicate with an autistic kid, and I just don't want my brother or any other kid out there who is dealing with that to feel like they're less of a person than anyone else," he says.

Joey Graceffa gets more honest than ever in his new book. / PROVIDED

Going offline

Why a book?

"There's only so much you can say in a video, only so deep you can get," Graceffa tells us about the decision to reveal everything by writing a book instead of talking about it on YouTube. "I had a lot more freedom to expand and go deeper into my experiences through writing."

Coming out

Graceffa says his sexuality has always been one of the biggest questions his fans had for him, but the book is the first time he's addressing the question that, in his words, everyone wants to know. "I'm definitely very, very excited," he says. "It will allow me to be more honest and open with everyone."

"In Real Life" is not only an eye-opening read, it's a good reminder to young adults that they don't know the people they follow on YouTube or Instagram as well as they think they do. What happens "In Real Life" is a much more complicated story.

EMILY LAURENCE
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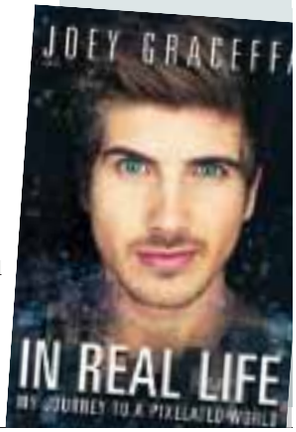

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News. Balmain tapped by H&M

Balmain's Olivier Rousteing and his new "Balmain army" have joined forces with H&M.

The fashion designer announced the collaboration — dubbed Balmain x H&M — on the red carpet at the Billboard Music Awards in Las Vegas on Sunday night.

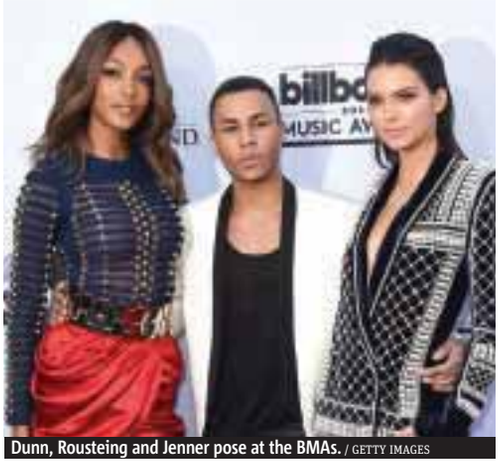
Rousteing, who was joined by models Kendall Jenner and Jourdan Dunn — two of his "army recruits" — dressed up in exclusive pieces from the collection, told Women's Wear Daily: "I want to talk to my generation; this is my main aim as a designer."

The men's and women's collections will hit 250 H&M stores worldwide and online on Nov. 5.

Ann-Sofie Johansson, creative adviser at H&M, expressed her excitement to have Balmain as the Swedish brand's latest guest designer.

"With its mix of couture spirit and streetwear attitude, Balmain owns a unique style, at once opulent and direct, sensual and energetic" she said. "It is also closely linked to show business, which adds another element of surprise."

ELODIE NOEL, MWN



Dunn, Rousteing and Jenner pose at the BMAs. / GETTY IMAGES

TV watch list

REALITY

'The Voice'

The show wraps up its eighth season with a two-hour finale. The first half looks back at everyone's performances while the second half crowns a winner. **SEASON FINALE, 8 P.M., NBC**

DRAMA

'The Flash'

Barry faces a big decision, courtesy of Wells, that might change his life. Martin Stein and Ronnie Raymond return to help out the S.T.A.R. Labs team.

SEASON FINALE, 8 P.M., CW

LISA WEIDENFELD

They may all look concerned, but Victor Garber is actually just showing them his favorite cat video on YouTube. / DIYAH PERA

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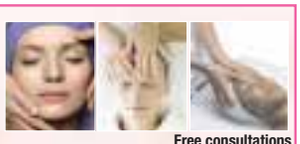

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Brightening Peel Reg $125 **$75**
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SANSA AND ARYA FACE THE BRUTALITY OF THEIR WORLD

Sansa's storyline in Winterfell continues to provoke conversation.
HBO

Arya and Sansa Stark bookend "Unbowed, Unbent, Unbroken," a potent but disturbing episode of "Game of Thrones."

Episode MVPs

The Stark sisters never got along, but the show has been drawing a lot of parallels between them this year, even though they're continents apart. Arya opened "Unbowed, Unbent, Unbroken" by descending deeper into the House of Black and White, where she's training to become a face-changing assassin. She was shown into a room with walls covered in human faces, and it was like she was walking into some horrific lost fairy tale.

The same could be said of Sansa, who was wed to the monster Ramsay Bolton in an ethereal sequence at Winterfell before consummating the marriage in a brutal scene destined to be debated for weeks to come. Both Arya and Sansa brushed up against real darkness this week. Arya seemed almost exhilarated while Sansa just tried to keep her head above water. Her story provided the episode with its bleak, beating heart.

Elsewhere, the various plot threads churned on. Cersei won another battle in her ongoing war against the Tyrells, while Tyrion and Jorah continued their journey to Meereen. To lighten things up, the episode also included a swashbuckling action scene down in Dorne, where Jaime Lannister fought to protect his daughter from the hot-blooded Sand Snakes.

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at **Winteriscoming.net.**

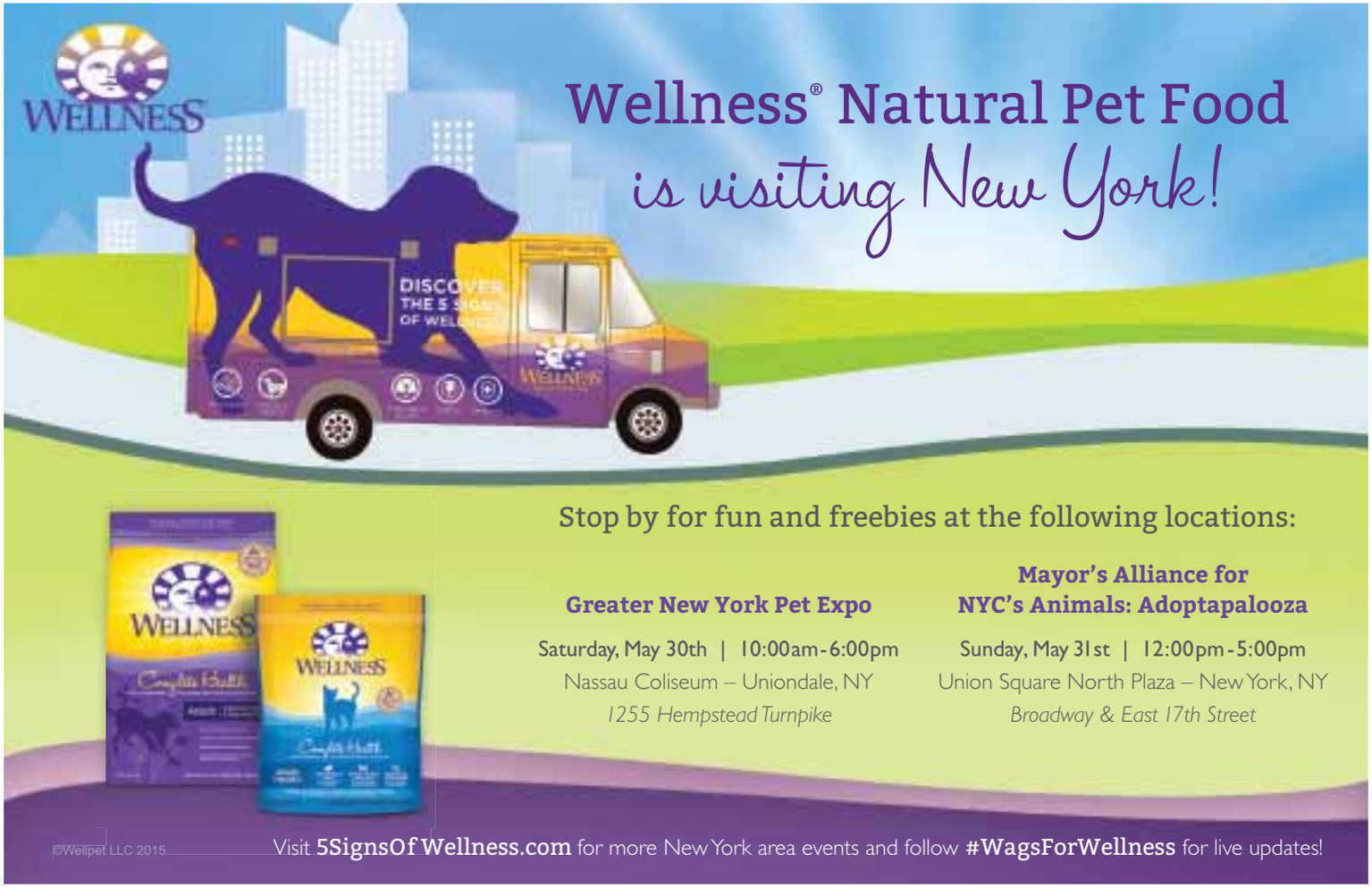
Our watch for next week begins

Stannis was a no-show this week but continues to march on Winterfell. More and more, it's looking like the season will come to a head with a battle between him and the Boltons. This would allow the producers to include characters like Sansa and Brienne in the climax, as they're hanging around the margins of that conflict. Also, there was a noticeable uptick in snowfall during the Winterfell scenes. If the show follows the books, snow will soon play a big role in the characters' choices as winter finally comes and makes its presence felt.

Parenting

Sean Bean, Jon Snow and major spoilers

Of all the mysteries on "Game of Thrones," the most enduring is the one surrounding Jon Snow's parentage. Sean Bean, who played Jon's father Ned Stark back in Season 1, recently spoke about the topic to Vulture. "He's not my child," Bean said of Jon. "That's what I suspected all along." This season, the show has hinted that it's building to some sort of revelation, so Bean might soon have his suspicious confirmed.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Six summer tips for journalism students

Advice. We rounded up a few ideas (besides getting a job or internship) to keep your career plans on track while school is out.

Attending your news-writing class is only a small fraction of the successful journalist equation. What you do in your free time matters too, and what better opportunity to get your reps in as a budding journalist than summer?

Establish contacts

For journalists, being able to establish yourself within a certain beat or among a specific audience is important in order to get your voice heard. Social media has certainly made it easier. Tweet at your classmates and other writers, and don't be shy about sharing your work on your Facebook timeline.

Email a role model and ask them to coffee

Picking the brain of someone who is where you want to be after you graduate is a great way to get a glimpse into the industry. The more people who know your name now, the more people who can potentially help you later on down the road.

Build up your portfolio

All of the work in your portfolio doesn't necessarily have to be published pieces. Your own work — whether it's written, visual, audio or digital — can definitely be integrated. Show that you have diverse talents and interests.

Collaborate

Like many careers, journalism is an ideal profession to collaborate with like-minded and driven people. Team up to write a great feature article, work on a compelling broadcast piece or publish a podcast. Actually create something you would be proud to publish. Strive for quality content, and who knows where it will lead? Maybe pitching it will become a viable option.

Improve and experiment with new media

Journalism is always evolving. While you may excel at one platform, chances are your skills are lacking in another. If you're a newswriter, tighten your audio editing capabilities. If you're a broadcast journalist, sharpen your photography. Learning many skills will only enhance your storytelling and give you more options. Employers want multi-talented candidates.

Just because school is out doesn't mean you should stop working.
ISTOCK

Consume the news

While you're watching your favorite television drama, why not switch to your go-to news channel during commercial breaks? The more news you consume, the better. Pick up the paper, read stories online and listen to podcasts. Making a habit of consuming the news every day will help you determine what you're interested in, influence your personal voice or style of writing and motivate you to produce more content.

AARON NAVARRO

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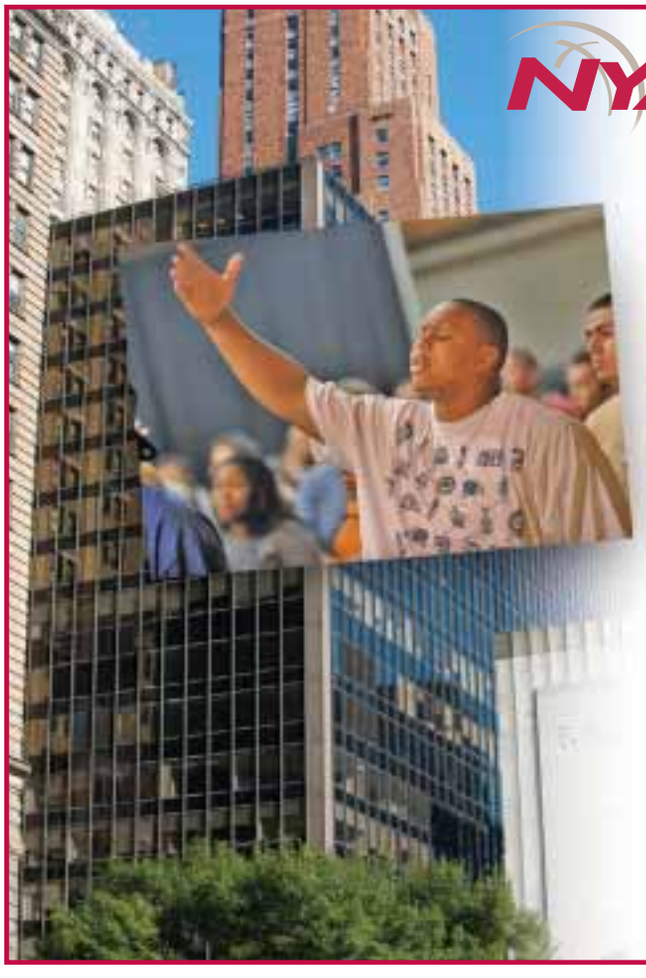

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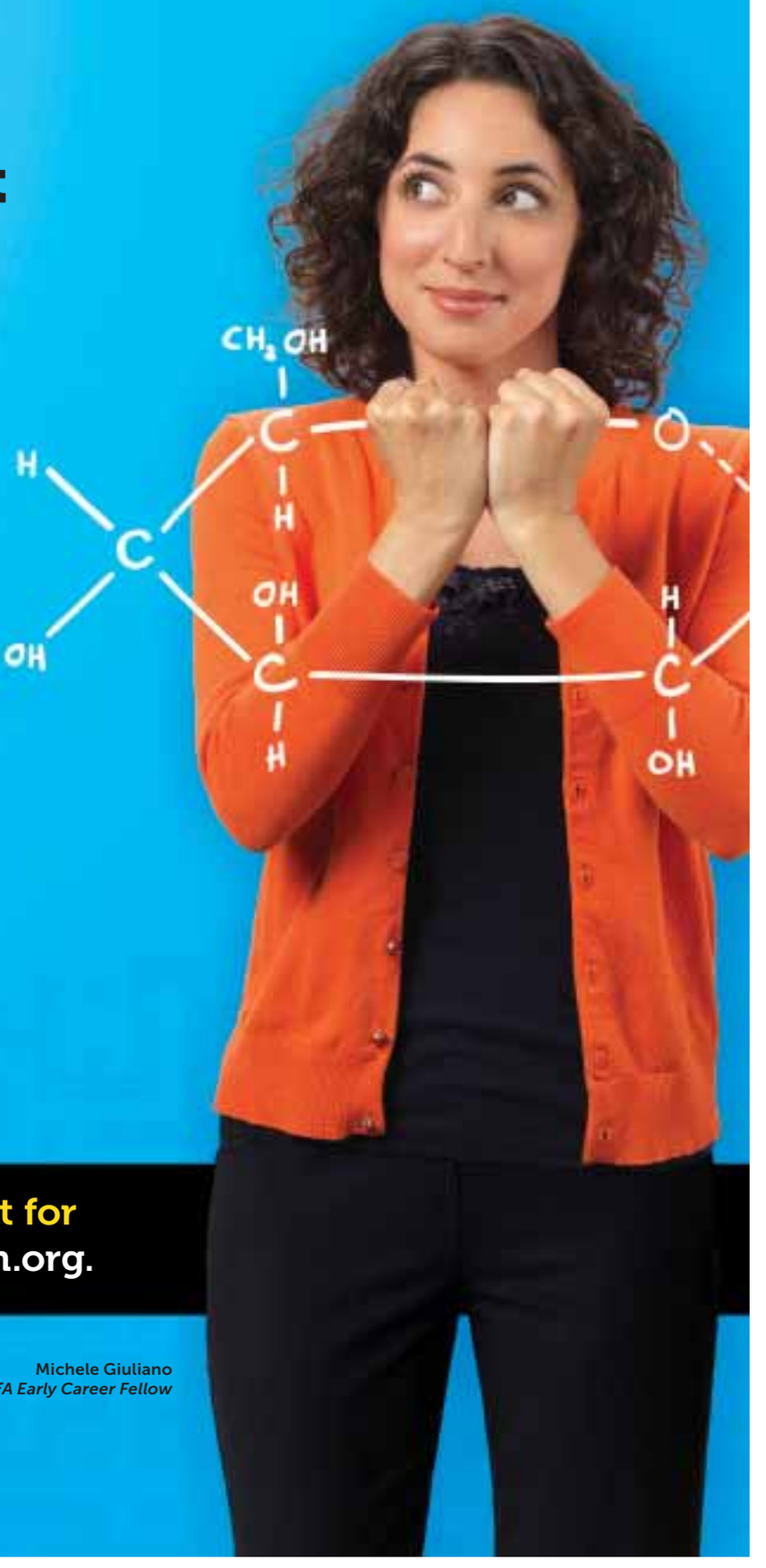

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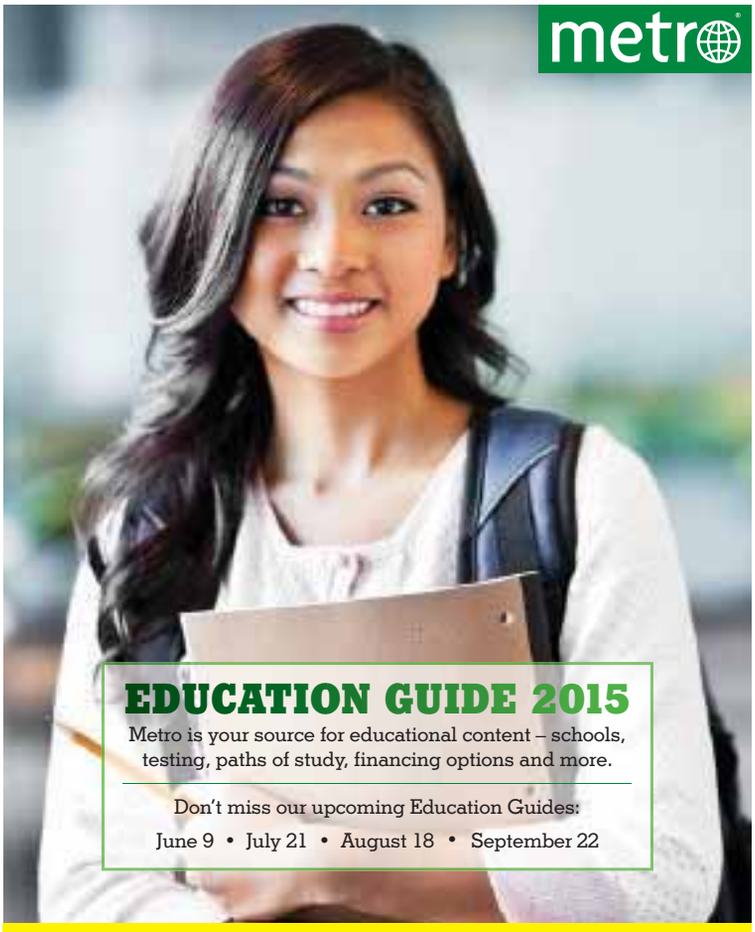
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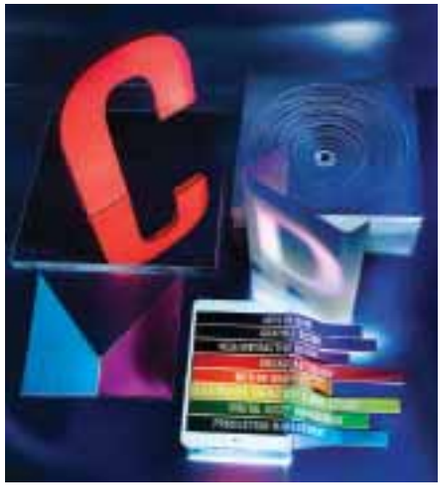

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Ditch the 'too busy' excuse

Wellness bloggers Two Fit Moms on making time for better living.

ANDREA PARK
@andreapark
andrea.park@metro.us

Masumi Goldman and Laura Kasperzak, better known collectively as Two Fit Moms, know what it's like to be busy — the fitness gurus maintain a blog, master yoga and keep healthy homes all at once. Adding to the list is a new collaboration with Gaiam and Kohl's on their own line of yoga clothing.

But Goldman and Kasperzak say it's not as difficult as it seems to make time for some handstands and downward dogs, especially when you can incorporate your kids into your workout.

Schedule your fitness

"The key to any exercise program, whether you have children or not, is to find a nonnegotiable time to do it," says Goldman. "Leaving it up to fate is not a good way to guarantee consistency." Having kids means the middle of the day is hectic, so take an hour or even just 30 minutes for yourself before they wake up in the morning or after you put them to bed at night.

"On days when those times don't work, incorporate exercise into your daily activities," she continues. "A 15-minute walk or jog with a baby in the stroller counts. A short yoga practice during nap time also works. Small efforts add up to big success."

Make the kids part of your workout

Moms actually have a natural excuse to be active because of their kids, whether it's chasing after them in the park or getting them to join in on their yoga practice. "My favorite exercise to do with my kids is AcroYoga," which involves balancing your partner above you, says Kasperzak. "They love it because they feel like they are flying — and I love it because it makes me feel like a kid again! We laugh constantly."

Maintain good nutrition

"Get into the habit of preparing your breakfast the night before," says Goldman. "It's so important to start the morning on the right foot because it sets the tone for the entire day."

She takes some of the effort out of it by prepacking her blender with the fruits and vegetables for her smoothie at night and sticking it in the fridge. Just take it out in the morning, add yogurt or milk and blend.

Is yoga enough to stay in shape?

"If yoga is going to be your only workout, I recommend including a form of yoga a few times a week that raises your heart rate and challenges you physically," advises Goldman. Yoga comes in many varieties, but not all of them will give you a fat-burning, aerobic workout.

But just because yoga works for the Two Fit Moms doesn't mean it's right for you. "The best exercise is the one that you are willing to do with consistency," Goldman says. "If you hate running, there's a good chance that you won't stick with it day after day, year after year."

Ease into a routine

"For beginners, my advice is always the same: Start out by dedicating 15 minutes a day to yourself," says Kasperzak. "The most important thing is to make it a daily practice and to have patience." Don't expect everything to just fall into place. Use the initial 15-minute sessions to learn the basics and proper techniques for any exercise you want to start.

Kasperzak also recommends keeping a daily journal to track what you did and your emotions each day. "You will be surprised how much better you feel each day after your workout!"

Comfort eaters had good childhoods

You love food because you love the people who made it.

ELODIE NOEL, MWN
@ metronewyork
letters@metro.us

A new study explains why we take comfort in old — and often unhealthy — favorites in times of need and sadness.
ISTOCK

The question of why we find comfort in food has finally been answered. During difficult times, we crave our childhood familiar favorites — and for many of us, that means pasta, ice cream or chocolate — because of the good feelings we associate with that time in our lives, according to a new study out of the University of Buffalo.

"Comfort foods are often the foods that our caregivers gave us when we were children," says study leader Shira Gabriel. "As long as we have a positive association with the person who made that food, then there's a good chance that you will be drawn to that food during times of rejection or isolation."

To figure out why celery, for example, doesn't have the same effect, the scientists first assessed participants' attachment style — that is, the strength and stability of their emotional bonds — through a questionnaire. Then they were either given a writing assignment designed to make them feel lonely or on a neutral topic.

"We found that among those with strong relationships, experiencing the lonely writing task made them evaluate potato chips more favorably than others," explains co-author Jordan D. Troisi.

In a follow-up study, the participants' attachment styles were again assessed. They were then asked to keep a record of their feelings of loneliness and when they ate for comfort for two weeks. Again, "we found that for those with strong relationships, experiencing loneliness led to a much greater likelihood of consuming comfort food," Troisi says.

The scientific basis for emotional eating didn't come as a surprise. "Across the world, food is imbued with meaning and significance. We all need to eat to stay alive, but our research shows that we also need to eat for our psychological health," Troisi says.

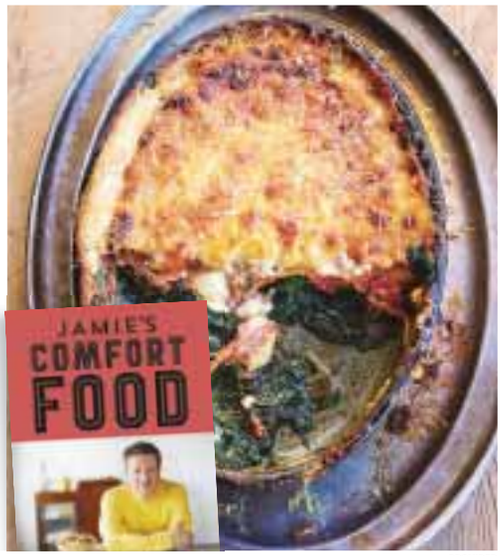
Unfortunately, it's very unlikely that vegetables can bring that emotional satisfaction. "Green beans or salad can't be considered as comfort food; it needs to be rich to be able to give us emotions — and it has nothing to do with [whether] you like green beans or not," says Jean-Philippe Zermati, a nutritionist and author of "Losing Weight Without Dieting."

He continues: "Science hasn't figured out why yet, but only rich food is able to trigger emotions and stimulate what we call the reward circuit."

Until then, there's no need to feel guilty so long as you can indulge in moderation. "When you eat rich food, it takes more time to feel hungry again, so you will automatically compensate by eating less at the next meal," the expert adds.

Recipe

Crispy Duck Lasagne



PROVIDED

These days, U.K. chef Jamie Oliver is focusing on getting healthier meals into schools, but he's also a chef who knows that when it's time for the dishes we crave, nothing else will do. He calls this "a dish to create memories" from his definitive guide to family classics, "Comfort Food."

Ingredients:

- 1 whole duck
- olive oil
- 4 cloves of garlic
- 1 bunch fresh oregano
- 4 cups fresh or frozen spinach
- 1 whole nutmeg, for grating
- 1 onion
- 2 carrots
- 2 sticks of celery
- ¾ cup Chianti
- 56 oz. canned plum tomatoes
- 2 fresh bay leaves
- 2 cloves
- fresh pasta sheets
- 2.5 tbsp. Parmesan cheese

For the white sauce:

- 7 tbsp. unsalted butter
- ¾ cup plain flour
- 4 cups 2% milk
- ⅔ cup cheddar cheese
- ⅔ cup Fontina or Taleggio cheese

For the instructions to this recipe, go to www.metro.us.

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How sweet is it?

Sugar may be bad for you, but if you think you're being healthier by going for a substitute sweetener, you may as well stick with the original — a new study says you could be setting yourself up for an even unhealthier snack later.

In studying how sugar affects the motivation to eat, researchers at the University of Southern California used brain scans to show that a type of sugar called fructose is associated with an area of the brain that processes rewards and promotes eating.

Not all sugar is created equal. ISTOCK

"Glucose is found in most starchy foods, including bread, pasta and fruit, while the natural source of fructose is fruit and vegetables," explains study leader Dr. Kathleen A. Page. "But the biggest source of fructose in the American diet is sugar sweeteners."

Study subjects had drinks sweetened with fructose on one day and glucose on another day. (Regular table sugar is largely made up of sucrose.) They were shown images of high-calorie foods then asked to gauge their level of hunger and desire for the different foods. After the fructose drinks, participants reported feeling hungrier. The results suggest that eating fructose may not produce the same satiety effects as glucose. "Fructose is mainly metabolized in the liver and doesn't stimulate hormones, like insulin, that let the brain know that you're full," Page says.

So since fruits are high fructose, does this study mean we should eat less of them? "No," insists Page. "While most whole fruits contain both fructose and glucose, they are also packed with fiber, which delays the absorption of sugar and helps us feel full." **Elodie Noel**

Sweetener 101

- **Stevia:** Plant-derived sugar alternative
- **High fructose corn syrup:** Corn is pure glucose, but enzymes convert it into fructose
- **Aspartame:** (Equal, NutraSweet) Artificial ingredients, raised some health concerns
- **Sucralose:** (Splenda) Artificial ingredients, largely not broken down in the body
- **Honey:** Fructose and glucose
- **Agave nectar:** Derived from cactus and sweeter than sugar, but also contains more fructose
- **Saccharin:** (Sweet'N Low) Oldest artificial sweetener; 400 times sweeter than sugar

What to say when life doesn't smell like roses

Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

This spring, I will be getting divorced. Because everyone is in such good spirits, I feel like I have to pretend that I'm OK, but I'm devastated. When people ask how I am, I never know how much to share.

When you're hurting, don't isolate yourself — but pick the right people to open up to. ISTOCK

When you're in a crisis, a simple "How are you?" can feel like the prelude to a hug or a punch in the gut, depending on who's asking and when/where the question is being asked. From a trusted friend, it can feel like a much-welcomed invitation to unburden your heart. But from a colleague or acquaintance, it can serve as a reminder that you're not OK as you find yourself fighting back emotions.

Sometimes, keeping up appearances is necessary and unavoidable, particularly in professional situations. But pretending can also be exhausting, especially when your emotional resources are already taxed. It also perpetuates the idea that it's somehow shameful to be sad, even though your feelings are completely understandable.

I'm a big fan of authenticity. Not only will being honest help you feel better, but it also encourages others to be open, creating opportunities for deeper connections. That doesn't mean you need to share the play-by-play of your unraveling marriage with a nosy neighbor or gossipy relative. Rather, express your truth while using discretion about what you share and with whom. Here are some things to consider:

1 Surround yourself with friends and family with whom you can be real. While socializing may be a beneficial distraction, for your own emotional wellbeing, you need to be able to share your truth so you don't bottle up emotions or feel isolated. That way, when anyone asks how you are, you can answer honestly.

2 You have a right to your privacy. While people may be curious, they don't need to know everything that's happening in your life. In a professional environment, consider what and how much you feel comfortable sharing. Perhaps you have one or two people whom you trust to keep your confidences. For everyone else who asks how you are (presuming they know about the divorce), you might simply reply, "I'm sad but hanging in there. Thanks for asking." You can even add that "divorce sucks" (in your own words) if you feel the need to say more.

3 Remember that you're not alone: Fifty percent of all marriages end in divorce. Consider joining a support group for divorcees. That way, you can share openly, learn from others and make new single friends.

Finally, it's worth noting that even though the world looks rosy in springtime, don't presume that everyone is frolicking in the tulips. Studies show that we tend to overestimate other people's happiness and that such assumptions make us feel needlessly deprived or inadequate. Life is sometimes hard. As Dr. M. Scott Peck wrote in "The Road Less Traveled": "Once we truly know that life is difficult — once we truly understand and accept it — then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters."

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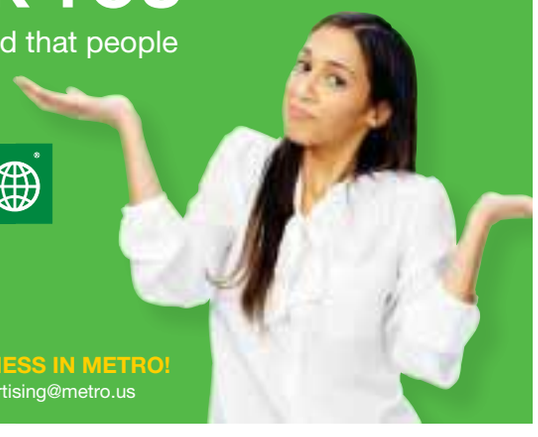

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Horoscope

♉ Taurus | April 21-May 21
If asked to provide help for someone who was once close to you, you should do so with care. Be compassionate, but don't try to revive the previous intimacy you once shared.

♊ Gemini | May 22-June 20
Be realistic. You will burn out if you don't slow down and take care of your health.

♋ Cancer | June 21-July 22
Don't allow anyone to push you around. If your motivations are clear, there will be no reason to accept criticism or debate.

♌ Leo | July 23-Aug. 22
A personal change will improve your self-image and confidence. You will be able to convince others to come on board if you present your ideas with vigor.

♍ Virgo | Aug. 23-Sept. 22
Joint ventures look promising, but read the fine print before making a commitment. Clear your agenda in order to spend time on personal pleasures.

♎ Libra | Sept. 23-Oct. 22
Now is the time to tie up loose ends. You will gain credibility if you are seen as a take-charge individual.

♏ Scorpio | Oct. 23-Nov. 21
Don't deceive others about the way you feel. Honesty will strengthen a good relationship.

♐ Sagittarius | Nov. 22-Dec. 21
Share your ideas. A sound financial investment will pay off if you are willing to work hard.

♑ Capricorn | Dec. 22-Jan. 20
Prepare to jump at a romantic opportunity. The time is right for love. Spend some one-on-one time with the person who intrigues you most.

♒ Aquarius | Jan. 21-Feb. 18
Your dwindling bank account will require you to make some difficult choices. Durability and versatility will allow you to rise above unanticipated workplace changes.

♓ Pisces | Feb. 19-March 20
Someone will try to exploit your generosity. Be helpful and sympathetic, but keep your cash in a safe place.

♈ Aries | March 21-April 20
Make sure all of your bases are covered before you make a commitment. Something that sounds too good to be true will be a disappointment. EUGENIA LAST

Letters to the editor

My own New York City subway horror story

Re: 'Oh, the horrors of the NYC subway system' (Metro, May 18) Amazing, I saw my photo on the front page of yesterday's Metro. I'm the guy sitting in between the lady in the black hat and the dude in the red hat. I didn't get to tell my own little horror story so here it is.

I was riding the C train one morning, and I saw this Asian woman with two little girls in tow. One of the kids hops on the seats and stands up presumably to steer out the window the way kids do when they ride the subway. Suddenly, the train pulls out without warning and the poor kid flies off the seat and lands on the ground facedown (ouch). The girl starts crying, which made me feel awful.
I emailed the subway alliance with a suggestion. Subway ads should be posted all over these subway trains warning parents of the dangers of allowing their kids to stand on subway seats. RAY PEREZ

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

5				2			1	3
2						5		
				3	9		8	
		9		6	4	8		7
8								1
3		4	9	1		6		
	4		1	5				
		1						4
6	2			4				9

3		2		4				8
			9				1	
5				3		7		2
			4	8		9		5
			2		1			
9		8		6	7			
8		4		7				9
	3				4			
6				1		2		4

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Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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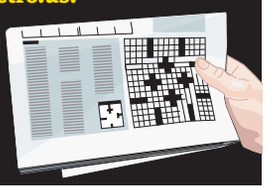
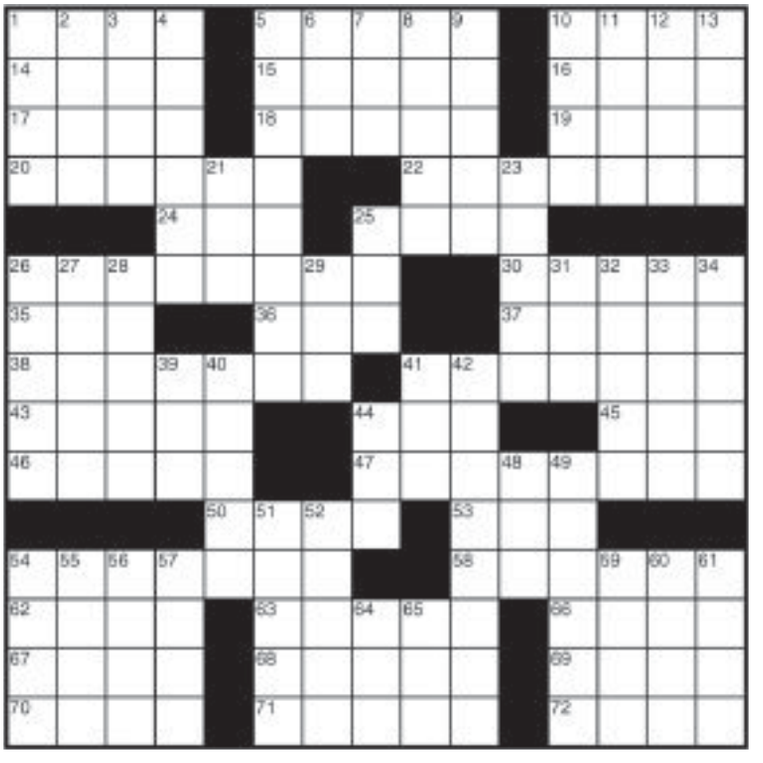


Crossword

Across
1 Trendy
5 Meter reading
10 Pant
14 McEntire of music
15 Handles, in slang
16 Low voice
17 Pupil's place
18 Some moles
19 Come down hard
20 Dark igneous rock
22 Tern or albatross
24 Prickly husk
25 For fear that
26 Brazil neighbor
30 Rolex rival
35 Sooner than
36 PBS "Science Guy"
37 Full of cargo
38 Almost grown
41 Gold leaf
43 Pampas backdrop
44 Dad, to Grandpa
45 Sock filler
46 Wears well
47 Shah Jahan's memorial (2 wds.)
50 Not stifling
53 Bird, once
54 How jet-setters travel (2 wds.)
58 Meteor impact site
62 Tusked animal
63 Not relevant
66 Short-tailed rodent
67 Gael republic
68 Cliffside abode
69 Important decades
70 Fracture finder (hyph.)
71 Faked out the goalie
72 Used email

Down
1 Storage bin
2 Zeus' spouse
3 Long-legged wader
4 Greenish melon
5 Jittery
6 Maple syrup base
7 Jacques' pal
8 Migratory flocks
9 Hairpin curves
10 Uniform
11 Jai --
12 Move a little
13 Tadpole's place
21 Haul
23 Lagoon boundary
25 Strong alkali
26 Scent carrier
27 NBA venue
28 Long grasses
29 Response on deck
31 Impractical
32 Mrs. Archie Bunker
33 Columbus' port
34 Theater backer
39 After taxes
40 Mineral analysis
41 -- -- few rounds
42 Gave Novocain
44 Pigpen
48 Dept. head
49 Century plants
51 Homer opus
52 Ms. Zellweger
54 Mountain goat
55 Film -- (grim genre)
56 Paretsky or Teasdale
57 Deuce taker
59 Raced off
60 Gusto
61 Lull
64 Hot Springs st.
65 Bakery buy

Monday's answer



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3 SPORTS

NHL

Police seek glove thief

Police have released a photo of a man they say stole an Islander's player's glove from the bench area at the conclusion of the Islanders' final game played at Nassau Coliseum. CBS New York says the glove belonged to Islanders winger Colin McDonald. The photo of the suspect shows a bearded white man holding a beer bottle with the glove in question. Nassau County Police ask anyone with info on the glove thief to call 800-244-TIPS.

Visit **Metro.us** to see the schedule for next month's Women's World Cup.

Johnson hat trick sinks Rangers, ties up series

NHL. The Rangers couldn't overcome three goals from Tyler Johnson in a sloppy Game 2 setback.

Four Lightning players posted multi-point games in Monday's eventful Game 2. / GETTY IMAGES

Every hockey team makes mistakes. The key is minimizing the damage. The Rangers were unable to overcome penalties, turnovers and some bad luck as the Lightning tied the Eastern Conference finals with a 6-2 decision in New York on Monday night.

Tyler Johnson struck early and often, collecting a hat trick just 32 minutes into the game.

Things weren't quite right from the start for the Blueshirts, as the Lightning went from two men down to one goal up. Tampa turned a 5-on-3 short-handed situation early in the first into an improbable goal after a trio of Lightning players were able to force a turnover and Johnson slipped the puck past Henrik Lundqvist just as half of the advantage expired.

Not more than a few minutes later the Rangers took advantage of their second power play chance, as Chris Kreider shuffled a Dan Boyle slap shot into the equalizer. A third goal in the first came three minutes after that, as Johnson netted his second of the game.

After the first 20 minutes, the teams had already combined for 14 penalty minutes.

Johnson made it a hat trick on an odd man rush in the second period to give Tampa Bay a 3-1 lead, adding to his playoff-leading total (11 goals).

New York made it a game again later in the second frame, as an opportunistic Derek Stepan was able to ricochet a puck from behind the net off the foot of Tampa's Braydon Coburn to cut the Lightning advantage to 3-2.

In the third Tampa extended its lead with a goal off the stick of a man not named Johnson. On an early power play (the Rangers compiled 22 of the games 34 penalty minutes) Alex Killorn gave the Lighting a cushion upping their advantage to 4-2. Just minutes later Tampa added even more buffer with a Coburn slap shot that became a goal after being redirected by Stamkos. The Lightning netted their final goal with the outcome in hand, Killorn's second of the game. of the game.

New York falls into a 1-1 tie in the series despite outshooting the Lightning, 36-24, and winning 31 of 57 faceoffs. They can get home-ice advantage back in Game 3 Wednesday in Tampa

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NHL

Chicago looking to bounce back

Playing in their fifth Western Conference Final of the past seven years and winners of two Stanley Cups in that same span (2010, 2013), the Blackhawks are about as known a commodity as you'll find in today's NHL. The Ducks might not have the same national cache (though they won the Cup in 2007) that Chicago does, but Anaheim looks like the team to beat in the playoffs.

Perhaps the most impressive part about the victory in Game 1 for the Ducks was that four different players scored goals and none of them were named Corey Perry or Ryan Getzlaf. This random group included Kyle Palmieri who scored his first goal of the playoffs for the Ducks while Hampus Lindholm and Nate Thompson both scored their second goals of the postseason.

Game 2 on Tuesday (9 p.m., NBCSN) at the Honda Center is not exactly a must-win for Chicago, but it will at least need a closer final score to gain some confidence before heading back to the United Center for Games 3 and 4. This is the first time in the 2015 postseason that the Blackhawks have trailed in a series. The Ducks have been even more dominant since they are 9-1 in the playoffs with their only loss coming in Round 2 vs. Calgary (a 4-3 overtime setback in Game 3).

For all the headlining stars on both clubs — Perry, Getzlaf and Ryan Kesler on Anaheim; Jonathan Toews, Patrick Kane and Duncan Keith on Chicago — it will likely come down to whichever goaltender plays better. In Game 1, Chicago's Corey Crawford was OK.

Chicago and Anaheim resume their series tonight. / GETTY IMAGES

He made 23 saves and allowed three goals (Anaheim's final tally was an empty-netter). On the other side, Anaheim's Frederik Anderson was spectacular, with 33 saves to earn the No. 1 star of the game. He's only 25 years old and this is his second postseason as the Ducks' starter but Anderson showed his ability with an otherworldly diving stop on Kane.

Hits can oftentimes be an overrated stat in the NHL but that's not the case with a big, physical team like Anaheim, which wants to dictate style in that fashion. The Ducks had 10 more hits than Chicago in Game 1 (44-34) and even more important, the Ducks blocked 13 more shots (22-9) than the Blackhawks. Chicago had three of the four power plays in the contest but they went 0-for-3. Most expect this to be a long series but for that to happen, the Blackhawks will have to clean up many areas of their game, starting Tuesday night.

RICH SLATE

A New Jersey kid and Knicks fan growing up, Karl-Anthony Towns could be the franchise's savior.
GETTY IMAGES

Knicks with eyes set on the big prize

NBA. The Knicks have a whole lot riding on tonight's NBA Draft Lottery.

The NBA Playoffs are down to the final four, which means 26 other franchises are in the middle of draft preparations.

The Knicks, based on their dreadful 17-65 campaign, were essentially in draft mode for months. But with a 19.9 percent chance of winning Tuesday's Draft Lottery (8:30 p.m., ESPN), it's imperative that they get as close to the No. 1 pick as possible, considering there aren't many franchise-changing players, according to most scouts.

While the draft is loaded with potentially very good talent, there are only a handful of players that scouts deem as "impact players" who can single-handedly change a franchise's fortunes for years.

The Big Two are Jahlil Okafor, of Duke, and Karl-Anthony Towns, of Kentucky. Don't look for anyone other than the aforementioned duo to be the primary targets of team president Phil Jackson.

New York can't finish any worse than the No. 5 pick. And should they be bestowed that slot, it could be used as a possible trade chip, since Jackson has enough roster maneuverability (just four guys under contract) and cap space (upwards of $26 million) to make some bold moves.

Jackson even admitted that anything is possible with the pick, especially if they lose out on Okafor or Towns, noting the team will "consider everything" once the Ping-Pong balls are decided.

The Knicks have a 55 percent chance at getting a top-three overall pick. And they own a 38 percent chance to get a top-two pick.

TONY WILLIAMS
@TBone8
sports@metro.us

Lotto luck

NBA Draft Lottery tidbits:

- The team with the worst record hasn't won since 2004.
- A total of 14 Ping-Pong balls go into a machine and fight it out for a possible 1,001 combos.
- GM Steve Mills will represent the Knicks.

MLS. Red Bulls' Zubar working his way back

The hope is that now, finally, New York Red Bulls centerback Ronald Zubar has been able to pinpoint the quadriceps ailment that has kept him out the past nine games.

Once again, Zubar did not train with the first team on Monday as the fallout from a quadriceps injury suffered in March continues to sideline the imposing French central defender. It was hoped that he would be ready last month and then, most recently, two weekends ago ahead of the clash with New York City F.C.

Ronald Zubar. / GETTY IMAGES

Last week, Zubar visited what head coach Jesse Marsch called a "muscle specialist." **KRISTIAN DYER**

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Notice of Formation of Randall Ross MD LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on February 26, 2015. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 19 Stoneyside Drive, Larchmont, NY 10538. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1285290 for, Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 11 Putnam Ave., Brooklyn, NY 11238, for on-premise consumption. Masa Teriyaki Inc. d/b/a Masa Teriyaki Sushi

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NOTICE OF FORMATION OF ZKA IT SOLUTIONS LLC. Articles of Organization filed with the Secy. of State of NY (SSNY) on 04/13/2015. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC: c/o 149 Madison Ave., Ste. 1184, New York, NY 10016. Purpose: Any lawful activity.

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